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ADDRESS

NATIONAL LEAGUE FOR PHYSICAL EDUCATION AND IMPROVEMENT.*

*Delivered at the Annual Meeting of the Manchester Children's
Hospital, February 24th, 1905, by*

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MR. CHAIRMAN, LADIES AND GENTLEMEN,

I am greatly honoured by the invitation to address you to-day, and to bring before you the proposed National League for Physical Education and Improvement.

To take care of the young is one of the strongest instincts, not only in human beings, but in the lower animals, and many pathetic tales are told of the devotion and self-sacrifice which animals exhibit in order to protect and save their progeny from injury or death. So firmly implanted is it in the human breast, and so general is its action, that when we hear of parents who are careless of their children, or, still worse, are cruel to them especially when sick and suffering, we regard such people as either unnatural monsters, or as being temporarily deranged at the time either by mental disease or intoxication. It is satisfactory to think that where one such example of carelessness and cruelty occurs, hundreds, nay thousands, are not only willing to care for their own children, but are willing to sympathise with and to help those whose parents are either unable or unwilling to care for them. And many there are especially in large towns like Manchester, who would gladly give everything they have for their children's good, and yet are unable to afford the medical advice, the care, the attention, the carefully-chosen food, and the medicines which are needful to save their children from death and restore them to health. It is a fortunate circumstance that there are so many who are

willing out of their abundance, in some cases perhaps even out of straitened means, to relieve such misery' by the establishment and maintenance of children's hospitals. The work that is being done by the Manchester Children's Hospital is very great and increasing. It includes three departments: the treatment as out-patients, the treatment in the hospital, and the treatment at home. No less than between 22,000 and 23,000 out-patients, or fully 4,000 more than in 1903, were treated at the dispensary. I learn that 3,742 were treated at home, and 1,663 were sent to the hospital. It is hard to estimate the good to the community which this represents. It is not merely that the lives of the children are saved and sorrow averted from their homes; it is not merely that the children themselves are saved pain and suffering; but that children whose lives would have been stunted by disease in their youth, and who would have grown up incapable of work, and a burden to their friends or to the ratepayers, are rendered strong and healthy, so that they may take their full share in the work of life in after years. In the report of this Institution the causes of death are divided into constant and variable. Amongst variable causes the epidemic diseases, measles and whooping cough, play a very prominent part. The difficulty of avoiding infection from these diseases is very great, as the infective matter is conveyed in the breath, and thus thrown out to a considerable distance from every patient. How far such infective matter is thrown out few of us have any idea, but you may form a notion of it if you will watch a cab-horse on a foggy day and see to what a distance the vapour of the breath can be seen passing from the nostrils. But even this gives one a very imperfect idea of the distance to which infection will spread in the breath, for a savant who put gelatine plates around a room found that when speaking in an ordinary tone of voice his breath carried microbes to a much greater distance than could have ever been guessed at from the visibility of breath in a fog.* One can, therefore, see how advisable it is that children suffering from measles and

* M. H. Gordon, *Thirty-second Annual Report of the Local Government Board (Supplement) for 1902-3*, p. 421.

whooping cough should be kept apart from others if we wish to avoid infection. It is sometimes thought, in regard at least to measles, that the infection is so subtle and so all-pervading that there is almost no chance of escaping an attack and that it is better to have it over at once. How far there may be an element of truth in this I will not venture to decide, but one may be perfectly certain of this, that the exposure of children already enfeebled by other diseases to the infection of measles and whooping cough is in the highest degree inadvisable. Not only is there the chance of death during the attack, but the weakness which results from measles and the secondary effects, or, as they are termed in popular language, the dregs of measles, are so severe that the danger from them is even greater than from the disease itself. Long-continued bronchitis and swollen glands are very common, but the most dangerous, perhaps, is the liability to tubercular infection of the lungs. Measles, seems to prepare the way for the tubercle bacillus, and when this attacks the lungs of the already weakened children there is very little, if any, chance of their recovery. They are doomed, as the popular term "consumption" shows, to waste away until they die. But during this wasting process each child may form a focus of disease and convey consumption, not only to its brothers and sisters, but to its parents as well. It is impossible to prevent children with measles or whooping cough coming for treatment to hospital. It is impossible for the mothers to know definitely what is the matter with the child, and, even if they did, they would probably think first of the child's interest and bring it for treatment, regardless of what might happen to other children. It is, therefore, most necessary to have some means of isolating children suffering from infectious diseases from others in the out-patient room, and it is most satisfactory to learn that the board of this hospital have already taken steps to secure a site for the enlargement of the out-patient department, so that children suffering from infective diseases may be isolated, and the dangers to which I have already referred may be averted. With increasing numbers of out-patients more facilities are required for surgical work, and here, too, we may hope that

those who have already given so largely to the Manchester Hospital, and have raised it to such a state of efficiency, will not allow it to remain behind others, but will provide the funds necessary to make it as good as others elsewhere. And perhaps here I may direct their attention to the out-patient department of the Western Infirmary at Glasgow as an example of what an out-patient department ought to be. I trust that the citizens of Manchester will not allow themselves to be outdone by their northern neighbours, and will supply accommodation as good, if not even better, than that of the Western Infirmary. The third most important factor in the mortality of variable disease is infantile diarrhœa. This disease depends very closely upon external temperature, and Weir Mitchell made a very remarkable curve showing that the number of cases occurring in his clinique varied almost exactly with the external temperature. Great heat, no doubt, tells upon the babies themselves, and weakens their resisting power, but the general way in which it produces diarrhœa is by causing the milk with which the babies are supplied to undergo change whereby it becomes converted from a useful food into a dangerous poison. It is not only milk which is actually sour that is harmful, for milk just beginning to turn sour or "on the turn," as it is sometimes called, turns sour in the stomach, and has the same injurious effect as if it were sour in the bottle. The addition of so-called preservatives to the milk appears sometimes to make it even more dangerous than when sour, for while these preservatives prevent the action of the bacillus which causes lactic fermentation and produces acidity, they allow other bacilli to act which instead of producing acidity actually produce virulent poisons, poisons which are all the more dangerous because they are not readily detected by the taste and smell as sourness is. Boiling destroys all bacilli, and not only keeps the milk sweet for a longer time but prevents the poisonous change of which I have spoken, and also prevents danger from infection by typhoid germs which might be present in impure water used to wash out the churns. Milk may not only have a poisonous action itself and may convey typhoid infection from water mixed with it, but it may convey other diseases. Many of you may

remember the epidemic of scarlet fever in Manchester which was traced to a milkman having come straight from his house where his child was lying ill with scarlet fever to the farm and milke d the cows, evidently with his hands unwashed. Thus fever was distributed broadcast over the city, and not only so, but as this occurred just on the day the schools were breaking up, the children went to various places in the country, and thus from one farm whole districts became infected. It would, therefore, seem that all milk should at once be boiled, and that by always providing boiled milk instead of raw milk children would be saved not only from the risk of diarrhœa but of many other things. But while boiling greatly lessens the risk, either from souring, putrefaction, or contagion, it has the great drawback that it alters the milk and renders it less suitable as a food for children, so that those fed upon it are likely to become affected by scurvy. As Dr. Eustace Smith, in his "Diseases of Children," has put it, boiling destroys the anti-scorbutic properties of the milk. What these properties may be due to at present we do not know, but I think it is not improbable they are due to certain ferments contained in raw milk. We now know that in the body there are various glands, the secretions of which are not poured out on the skin nor into the intestine, but into the blood, and these glands may have a most important effect upon nutrition and growth, so that, for example, when the thyroid gland in the neck becomes atrophied the child becomes stunted in growth and feeble in mind. These secretions owe their activity to ferments contained in them, and such ferments are destroyed by boiling, so that the secretions become inactive. Whether the destruction of ferments in milk be the cause of the change in it produced by boiling or not, we may be quite sure that a very definite change is produced in milk by boiling, and a change too which renders it less suitable as a food for children. But while the increase of diarrhœa in summer is one of the chief causes of the variable mortality, diarrhœa in general is one of the most important causes of the constant mortality. It is sad to see how great this mortality is, and it is perhaps even worse to know that most of it depends upon preventable causes. No less than one-third of the total infant mortality occurs in the first month of life and one-half in the first three months.

This enormous mortality amongst the babies is partly due to the feeble constitution which they inherit from their youthful and weakly mothers, but it is due in much greater extent to the fact that these babies do not receive from their parents the care which a bear bestows upon its cubs or a hen upon its chickens. Ignorance, carelessness, the difficulties connected with the milk supply, and last but not least the indifference, neglect, and poverty begotten by habits of chronic drunkenness, are, as stated in the Medical Report of your Hospital, the causes of mortality which no amount of excellence in hospitals can prevent. How then is this evil to be met? There are already in existence a great many charitable and beneficent agencies all working to combat the evils which we deplore, and so many are there that one would say to bring another into being was not only superfluous but injurious. Yet we all know the story from "Æsop's Fables" which delighted our childhood of the old man and the bundle of sticks, each stick being weak and easily broken by itself, but when united into a bundle being able to resist any strain. Now, the agencies at present at work may be likened to the individual sticks. Each one is working at its own department, but they are all isolated. Many of them do not know of each other's existence, and so they lack union and do not possess the strength to accomplish the end desired. It is now proposed to establish a new League, a National League for Physical Education and Improvement. This League is not to be another stick added to the bundle, it is to be the band which will unite them together and give them the strength which they individually lack, and I thank you most cordially for the warm sympathy you express with it, and for the support you promise it in the Report of your Hospital. As stated in the draft scheme, the object of the proposed League is not to displace any of the agencies at present at work, but to make them known to one another, to ascertain how their work can best be supplemented, where it is deficient, and to extend the benefits of physical training throughout the whole country. In order that the League shall fulfil the purpose for which it is designed it will require to be subdivided, firstly, according to the places

where it is to act, and, secondly, according to the work that it has got to do. We trust that it will act all over the country, but if we return again to the simile of the bundle of sticks we will at once see that whereas it is very difficult or impossible to tie together a big bundle with one cord so that the sticks do not fall apart, it is easy to tie up a few sticks into small tight bundles and to unite a few of these together with a larger band, and finally encircle the whole with a girdle which shall include them all. It is, therefore, proposed that the League shall be divided into local branches. There ought to be a branch in every hamlet, a larger one in every parish and small town, and larger branches in several towns according to the population. For example, there ought to be in Manchester a branch at Andenshaw, Barton Moss, Barton-upon-Irwell, Davyhulme, Denton, Droylsden, Failsworth, Flixton, Gorton, Heaton Norris, Levenshulme, Moss Side, Prestwich, Stretford, Swinton and Pendlebury, Urmston, Whitefield, Withington, and Worsley. There ought to be a branch for every ward in the city, and these branches should elect representatives to form a general council for the whole of Manchester and the surrounding district. There ought to be similar councils in every large town in the United Kingdom and in Ireland, and finally there ought to be a General Council to which delegates should be sent from the large towns or large country districts so that the workers throughout the whole country may be kept in touch with one another. We have an example of an institution of this sort in the British Medical Association, where the whole country is mapped into branches with local divisions. Every branch of the proposed National League should have its own autonomy, however small it may be; it ought to have its president and chairman, its treasurer, and secretary, its council and its visitors. From each small branch delegates would be sent to the larger branches, and these to larger again, until finally the delegates would come to the General Council. It is only by securing a great deal of autonomy, along with co-ordination, that we are likely to reach the end we desire, for we wish that every man and woman in the country should be connected with the League,

and that every child should participate in the benefits that it is likely to confer. If this scheme is carried out it is evident that the proposed organisation will be an enormous one, and it will take a considerable time to organise.

But supposing it be organised, what is it going to do? First of all it is to find out what needs to be done; secondly, to find out how the needed work should be done; and, thirdly, to do it. Now, we already know in a general way a good deal of what needs to be done. Life goes on and on, and as one life dies another begins. One might fix upon any part of the cycle as a beginning, but perhaps the most convenient time is to take the mother shortly before the birth of her child. In towns such as Manchester, as the Report of this Hospital states, the mother is not only young and weakly, but she is ignorant, and in consequence of this ignorance she often renders herself still more weakly by continuing her work in factories almost up to the time the child is born instead of giving herself a rest for some time before. The first thing to be done is to remedy this ignorance if we can. In all that I say here I must beg you not to think I am speaking with any authority, nor as having been commissioned in any way to give advice, but only as throwing out suggestions for your consideration, for although the objects of the League have been considered and approved generally by those who have given their adherence to it, the details have not yet been worked out, and the experience of those who have been doing so much to further its objects in Manchester will be most valuable in drawing up a definitive scheme for its working. The ignorance of the young girl who is just about to become a mother might, perhaps, be enlightened to some extent by advice given her at the Hospital or Dispensary when she applies for someone to attend her during her confinement. She might then be told of the disadvantage of continuing to work until confinement took place, and at the same time might be instructed as to what preparations she ought to make for the baby's advent—what clothes she should have ready, what assistance she should get for carrying on the work of the house until she was able to get up, and how she should feed the baby. She might then learn what an enormous advantage it would

be to her child if she were able to suckle it, and if this be impossible she might at least be taught how not to poison it by improper food. In some cases, perhaps in many cases in Manchester, the necessity for earning food may be such as to make the mother work until the very last moment. But if it were to become a practice that every girl about to become a mother should, when applying for assistance during her confinement, have not only her name and address but her circumstances inquired into, the most necessitous cases might be reported, and, perhaps, some provision might be made to ensure food and care for at least a couple of weeks before and after confinement. I say a couple of weeks, not that I mean such a limitation is desirable, but this I think should be the minimum. At the birth of the baby the mother should be instructed how to feed the child, and although this should be done beforehand, as I have said, by printed leaflet, yet the instruction should now be given in a very different way by actual demonstration. The nurse who is in attendance on the mother and child for the first short time after confinement should give this instruction, and the duty of visiting the mother and seeing that everything was carried out rightly might be undertaken by lady visitors. Each branch of the League would get a list of confinements about to come off, and the ladies of that particular branch could attend to the mothers in their district. I think it almost certain that infant mortality must have been greatly increased by the introduction of feeding bottles with long tubes, because it is almost impossible to keep tubes clean, and each time that fresh milk is put into them it is infected by bacteria from a dirty tube, and decomposition thus initiated before ever it reaches the baby's stomach. But, even if bottles be kept perfectly clean and aseptic, there is still the difficulty of obtaining good milk. I have already spoken of the dangers of contamination of milk by water containing typhoid germs and the impairment of the nutritive qualities of milk by boiling. In order that milk may be supplied in a state of purity in large towns it has been proposed that municipalities should undertake this work and establish milk depôts throughout all the large cities and towns, but this would

not only interfere with established industries but it would probably be less efficient than if the municipality simply insisted that the dairymen should supply milk up to a certain standard, with heavy penalties if they failed to comply with the municipal requirements. I feel sure that many of the large dairies would be quite willing to do this, and would use every means in their power to supply perfectly pure milk, but they would be greatly assisted in this work if every farm supplying milk were registered and medical officers of health were empowered to make visits of inspection whenever they thought it necessary. But to ensure that this was done it would be almost necessary to obtain security of tenure for the medical officer, for such visits might be very distasteful to some members of the Board of Guardians. The dairy farms are the source of the milk supply, and they ought to be safeguarded if the supply is to be good. Another danger to the milk is in transit, because the cans are not always sealed, and they may become contaminated between the farm and the depôt in town. To prevent such contamination each churn should be sealed by the firm, and this seal should be unbroken when it is delivered in town. But adulteration and contamination also occurs to a very large extent in the distribution of milk from the large dairies in towns to the consumers, and this must be carefully guarded against. To ensure a proper milk supply, then, co-operation is wanted between the corporations in town, the dairymen, the railway authorities, the medical officers of health in the country, and the farmers. To obtain this legislative action will be requisite, and therefore corporations, legislature, and medical officers would all have to work together, and their union for this purpose would be one of the objects of the League.

For the care of babies whose mothers are obliged to go out to work, an extension of the *crèche* system has been proposed, and here again the services of women workers and women inspectors would be invaluable. Perhaps under the strain and pressure that exists in manufacturing towns such a system may be the only alternative to excessive infant mortality, but at the same time every effort should be made to maintain the natural relationship between mother and child, to teach her to regard

it as her own and not as a thing to be laid aside and allowed to die unless prevented by benevolent outsiders.

Next comes infant schools, where a great deal may be done not only to render the child's life happy but to give it unconscious education. One great risk to be guarded against is that of educating it in a wrong physiological direction. Tennyson, who I think was one of the most physiological poets that ever lived, has put the order of development very well in the "Princess," where he describes the actions of a baby lying on the ground when he saw its mother. It began "to laugh, and dance its body, and to stretch its fatling innocent arms and lazy lingering fingers." The movements of respiration, of which laughing is a modification, are the most fundamental, then come those of the trunk, then those of the arms, and lastly those of the fingers. In a paper at the recent Conference of School Hygiene in London a speaker pointed out that mischief might perhaps be done in infant schools by training the fingers at too early an age, and that in consequence of this the finer motor centres became unduly developed, and irregular movements and chorea might afterwards result. The proper curriculum at schools is now engaging a great deal of the attention both of the Board of Education and outsiders. The shortening of the hours of study, the abolition of home lessons for young children, intervals between lessons, proper ventilation of schools, breathing exercises, drill, free movements, gymnastics and games are all being carefully considered, and a great deal has already been done to improve these things by the Board of Education. A number of interesting papers on this subject were read at the recent Conference of School Hygiene, which is preliminary and preparatory to the International Conference of School Hygiene to be held in London in August, 1907. At this Congress we may hope that well-considered schemes of work, exercise, and play, not only from this country but from all the countries in the world, will be brought together for discussion and comparison, so that this country may afterwards be enabled to adopt the best possible scheme. But in the meantime most of those who have studied the subject recognise that no scheme, however good, is equally applicable to all children, because

children vary enormously in their powers and capacities both of body and mind. Work or play which would be too little for one child is far too much for another, and therefore children must be inspected and classed according to their faculties, physical or mental, so that medical examination is absolutely requisite in order that their proper exercise or play may be rightly allotted to them. In all physical exercises we have two things to consider, the training of the body and the training of the mind. For the training of the body and the lower nervous centres, free exercise, either with or without apparatus, and musical drill are advisable, and drill without music is not play. It is an exercise in attention, and although, after the children are used to it, it may become almost automatic, yet it is very far from being so at first, and may indeed involve considerable mental strain. Perhaps no games are so useful for training both body and mind as games of ball, and especially cricket, but the disadvantage of cricket is that it requires so much room for so few players. I have been informed by Mr. C. B. Fry, however, that much of this difficulty can be got over, and games of ball can be arranged which will give amusement and training even in such limited space as can be given in school houses. But there is a great difference between playing in a room and playing in the open air, and not only do we want enlarged accommodation for play around the schools, but we want large playgrounds with easy conveyance of the children to and from them. In cities like Manchester, ground in their centres is too expensive to allow of its use as playgrounds, and here the assistance of the corporations is needed. It is well to beautify towns, it is well to put up statues to natives who have been famous, it is well to have ornamental parks, but more necessary than all these is ample room for children to play. The National League hopes to obtain these by the exertions of its educational, medical, legislative, and its municipal members, who in this matter are the most important of all. But if children's bodies are to be trained in schools as well as their minds, they will want more food. As we all know, active physical exercise usually induces a greater desire for food, and if children's bodies are to be trained as well as

their minds by physical exercise in school their appetites will almost certainly increase, and they will want more food. Without food, exercise of body or mind is exhausting, and instead of leading to increased growth, rather prevents it. Even at present many children go to school insufficiently fed—so much so that their brains do not act, and they do not gain the advantages that they ought from the teaching that they get there. Are we, then, to feed all school-children? This is a very important question, and, I think, requires very careful consideration; for it is just the people who have least care for their children who will be most likely to take advantage of free food, and throw their children more and more upon the outside public. This is one of the very things that the League desires to avoid, because, while I have been speaking very largely at present of its use for children, it is intended to embrace adults as well, and a most important part of the education of adults consists in training them to look after their own children. Perhaps the difficulties may be best met by having luncheon bars, or *cantines scolaires* as Dr. Macnamara calls them, either attached to the schools, as in country places, or detached from them, but yet near, as might be necessary in towns. At these bars food both appetising and nutritious might be provided more cheaply than at home, because it would be prepared on a large scale either in school kitchens or municipal kitchens. At these bars the child might secure breakfast or dinner on presentation of a ticket, and this would be preferable to giving the child money, which it might be tempted to spend upon sweets. The parents could buy these tickets, and in cases where they were able to pay for them, and did not provide the children with food, they ought to be forced to do so. In the few cases where it was absolutely beyond their power the food might be provided by charity, or else both parents and children would come upon the ratepayers as paupers, and would be treated accordingly. But here also the co-operation of visitors to make inquiries, of guardians, and of charitable persons or societies is required, and this is one of the objects of the League. The large quantities which would require to be cooked might afford larger opportunities for

teaching children how to cook, and allowing them to taste afterwards the food which they had cooked for themselves. Cooking classes in schools I believe to be one of the greatest essentials in the whole of education. The children on their return home are likely to compare the cooking of the school with their mothers', and perhaps opportunities might be afforded for teaching cooking to those mothers who do not understand it and are yet willing to learn. Cooking classes in many schools are instituted by the Board of Education, but increased facilities for teaching even outside schools are required, and one of the objects of the National League would be to afford these. And here, again, lady teachers visiting women at their own homes may offer the greatest assistance. When a man is exceedingly thirsty he will drink water if it is put before him, and if the thirst be very great he will drink the water even if he knew it were poisoned. The thirst for alcohol is somewhat different from that of water, and the causes of this thirst are manifold: but there can be little doubt that one of them is a feeling of depression caused by want of proper and appetising food. Cooking classes, by supplying such a want, may thus indirectly lessen drunkenness to a greater extent than any amount of teaching or lectures, although the instruction of children regarding the evils of alcohol may help to make them shun it when they grow up. But after school hours are over what are the children to do? Are they simply to return to homes which in the slums of great cities are often squalid and uncomfortable, or amuse themselves by playing about the streets, or is their spare time to be taken up by hard work or service to which their parents may force them? This, again, is a difficult problem, for it is far from being advisable to interfere with home life and keep children away from home, and I believe that this a question of which there are many here who can give a more satisfactory solution than I can, and with them I will leave it. Perhaps a good deal may be done in regard to the amelioration of home life by having mothers' meetings in the school houses occasionally so that they may learn what their children are doing and take an interest in their progress, and at the same time be taught themselves how best to help their children. Then comes the

question whether schools might not be used for recreation, drill, or games out of school hours not only for children attending school, but for youths or girls who have already left it, for this is the time—one of the most important in the whole of life—when youths and girls are freed from the restrictions of school and have not yet settled down to the work of their lives. They are no longer under restraint at school, and may, perhaps, no longer be under any restraint at home, so that there is no one who can oblige them to do anything, and they can at present only be induced to do things that are for their good by making these things attractive. For them continuation classes, clubs, and gymnasias would be useful both for the girls and youths, while youths might be encouraged to drill as volunteers and be provided with miniature ranges in towns, and if possible, longer ranges in accessible situations. Whatever views may be held regarding the utility of the volunteers for military service I think there can be no doubt that their training occupies many an hour which would otherwise hang heavy upon their hands or be mis-spent and is useful in assisting the healthy development of the youths both in body, mind, and character. But for all these purposes not only money to provide the necessary halls and apparatus is wanted, but men and women are needed who will set to work and not only originate, but keep going all these brigades, clubs, volunteer corps, drill associations, rifle associations, etc. In addition to this we need associations for taking young people of both sexes into the country where they may learn its beauties which they only otherwise know from books or hearsay. It is strange, too, that in a country like ours, which prides itself on ruling the waves, such a small proportion of the people know how to swim, and swimming baths might be provided by the municipalities in larger numbers than at present. These might be used as baths in summer and as gymnasias in winter. But over and above all these things remains the question of overcrowding and all its attendant evils. How can food be cooked properly unless the fireplace is such that it can be done, how can children grow up pure if their homes will not admit of even common decency, how can they grow up healthy if they are crowded

like herrings in a barrel in a room without any ventilation and no rays of direct sunlight? Such dwellings are the breeding-place of disease, and it is no wonder epidemics spread. It is they that manufacture cases to be brought to hospital, and magnificent as the work is that is being done by the hospitals, the results would be still more magnificent if we could strike at the root of the evil, and we could prevent disease instead of curing it. But this is not the scope of hospitals. To cure such an evil we want the co-operation of the legislature, of the medical officers of health, of the municipalities, and last, but not least, we want the co-operation of the people themselves. As the report of the Physieal Deterioration Committee says: "It is the apathy of the people that is one of the chief causes of the evil." By getting the husband to join a club where he may spend his evenings comfortably without drinking, by teaching the mother to make home more pleasant so that the husband may be induced to stay there, by rooting up slums, and not by only providing better dwellings, but by teaching the people how to utilise them, we may hope to do away with a great deal of the disease that requires at present to be treated in hospitals, and thus aid the work of the Manchester Children's and other hospitals. But for this many workers are wanted, men and women, who will devote their time and their energies to carrying out the good work. To help these all to work together, to combine the several agencies now in existence for the good of the people, and to enable them by their union, as I have said before, to attain the result which they could not by isolated action, is the object of the National League for Physical Edneation and Improvement. I thank you most heartily for the patience with which you have listened to me, and most gratefully for the kind sympathy you have expressed, and for the promise of support to the League which you have already given in your Report. I trust that ere long all arrangements will be made to have it in thorough working order in Manehester, where so much has already been done and so much is being done for the improvement of the bodies, minds, and characters of every class of the population.

